

October – GF/DF Menu

Elementary/DC MS

		1 GF Pork Sandwich Fries Or GF Little Italy Wrap	2 GF Chicken Nuggets Fries Or Cheeseburger on GF Bun Or Hamburger for DF Fries	3 GF/DF Cheese Pizza Or GF Chicken Nuggets Fries
6 GF Chicken Tenders Tater Tots Carrots Or Cheeseburger on GF Bun Or Hamburger for DF	7 Beef Tacos on GF Tortilla and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa Or Toasty DF Cheese Sandwich on GF Bread	8 Turkey Hot Dog on GF Bun French Fries Or Cheeseburger on GF Bun Or Hamburger for DF French Fries	9 Marinara & Meatballs over GF Rotini Broccoli Or Ham & Cheese Wrap on GF Tortilla French Fries	10 GF/DF Cheese Pizza Or Turkey and Cheese Wrap on GF Tortilla
13 GF/DF Waffles Pork Sausage Tater Tots Or Cheeseburger on GF Bun Or Hamburger for DF French Fries	14 Beefy Nachos with GF Chips and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa Or Turkey Chef Salad with GF Muffin	15 GF Chicken Nuggets Fries Or Sunbutter Sandwich on GF Bread	16 GF Chicken Tender Sandwich French Fries Or Marinara & Meatballs over GF Rotini Broccoli	17 GF/DF Cheese Pizza Or Cheeseburger on GF Bun Or Hamburger for DF French Fries
20 GF Chicken Tenders Tater Tots Or Cheeseburger on GF Bun Or Hamburger for DF Tater Tots	21 Beefy Nachos with GF Chips and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa Or Egg and DF Cheddar Salad with GF Muffin	22 GF Chicken Tenders Tater Tots Or Chicken Wrap on GF Bun Fries	23 Cheeseburger on GF Bun Or Hamburger for DF Fries Or Turkey on GF Sub with DF Cheese French Fries	24 Gf and DF Cheese Pizza Or Turkey and Cheese Wrap on GF Tortilla
27 No School	28 Beef Taco on GF Tortilla with DF Shredded Cheese Refried Beans Shredded Lettuce Salsa Or Gf and DF Cheese Pizza	29 GF Chicken Tenders Tater Tots Or Cheeseburger on GF Bun Or Hamburger for DF Tater Tots	30 GF Chicken Nuggets Fries Or Sunbutter Sandwich on GF Bread	31 GF Pork Sandwich Fries Or GF Little Italy Wrap

*We offer a full fruit and vegetable bar, as well as fresh whole fruit daily as part of the meal options.